SKILL MAP

NEVADA PHYSICAL THERAPY

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 7	RTS/ Unanticipated Skill
Strength Movement Precursor								
Lunge	Bulgarian Split Squat (BSS) Tempo	Decel Lunges	BSS Hops	Lunge Switches				
Calf Raise	Pogos	Jump Rope	Pogo Mini-Hurdles	1L Tape Hops	1L Drop Landing	Assisted 1L Vertical Jump	1L Vertical	
1:1:3 Tempo Squat	Snap Downs	Ball Slams	Drop Vertical Landing	CMJ	Drop Vertical Jump	DVJ to FWD Sprint		
Cossack Lunge		ACCEL Skater	DECEL Skater	Skater Hops	Tempo Skater Hops	Vail Lateral Agility Drill		
					Lateral Ball Slam Skater Hop			
18in Lateral Step Up			Lateral Bench Drill w/ Triple Flexion	Lateral Bench Overs	2L Lateral Box Jump	1L Lateral Mini Box Jumps		
Speed/Running								
Skater Hops				Lateral Shuffle	5-0-5 Frontal Plane	5-0-5 COD	5-10-5	
Resisted Hip Flexion			Sled Sprints	Lean Starts	FWD Sprints	Sprint to Hard Stop	Sprint to Backpedal	
							Sprint to 45 deg cut; 90 deg cut	